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Shaw**

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Acclaimed author Judith Shaw, M.A. (Raising Low-Fat Kids in a High-Fat World), Judith Shaw is the author of Raising Low-Fat Kids in a High-Fat World.

Healing power of flaxseed oil - shirley's wellness

The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat raise the good HDL (high fat build-up. Sincere thanks to Judith Shaw

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